Cooking with the COUNTRY'S BEST FARE

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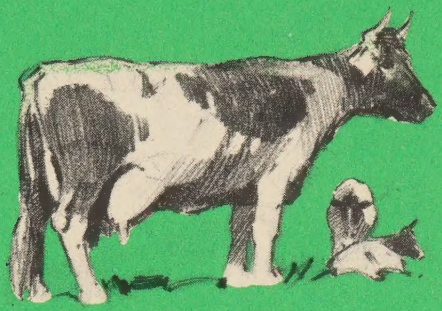

Introduction

Every economical plan for good eating starts with milk. Its nutritional value cannot be bettered and it is one of the few foods which are almost completely utilised by the body.

Of course, the best and surest way of getting the milk you need is to drink it. However, milk a is versatile food. You can eat it as well as drink it—in soups, puddings, savouries and sweets.

Cream contains more fat than milk and is therefore an excellent energy food. It is the essential luxury which transforms quite an ordinary dish into something special.

Because butter is a natural product through and through, you can melt it, fry with it, bake with it and grill with it and it never loses its buttery flavour and aroma. Cooking with butter is not an extravagance. The extra cost is small and is more than justified by the superb results.

Cheese is an excellent way of eating milk in concentrated form. It is rich in protein and fat and contains a high percentage of calcium. It makes first-class main dishes that are good and very economical alternatives for meat.

The recipes in this booklet are designed to help the cook to get the most out of dairy foods—the country's best fare.

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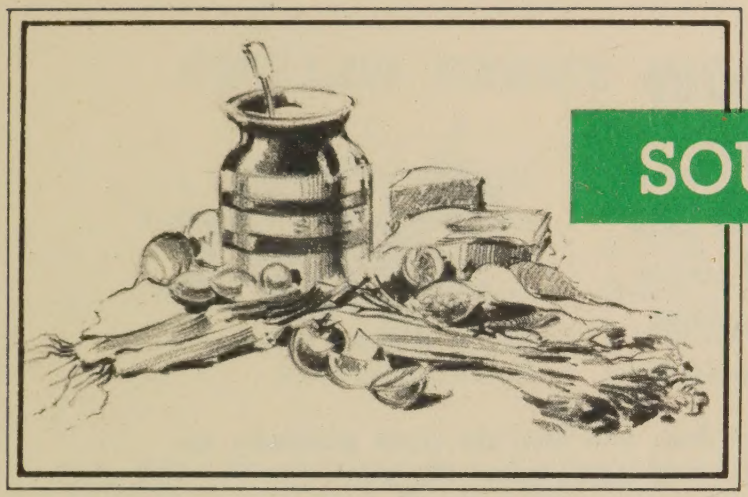


SOUP DISHES

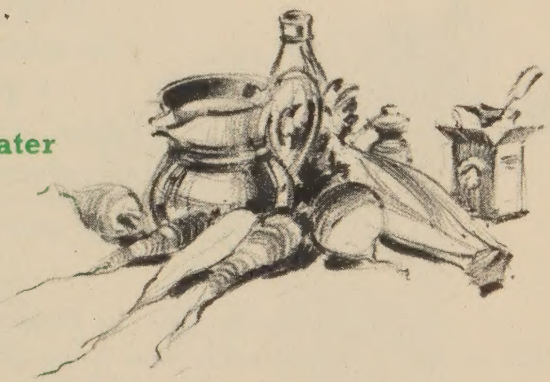
For simple nourishing meals few dishes are better than soups. They are very economical too, because full use may be made of all left-overs.

Made with milk their texture becomes smoother and creamier and their food value greatly increased.

CARROT SOUP

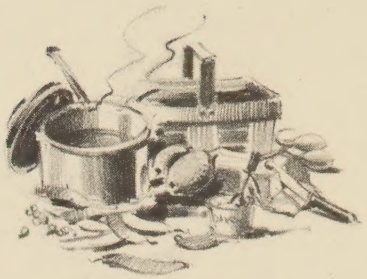
4 large carrots
1 small turnip
2 stalks celery
1 oz. dripping

1 qt. stock or water
1 pt. milk
1 oz. cornflour
Seasoning



Cut up vegetables and fry in the dripping, but do not brown. Add the stock or water and simmer for about one hour, or until the vegetables are tender. Pass through a sieve. Season with pepper and salt. Return to saucepan, add milk and reheat. Mix the cornflour with a little milk or water and add to the soup. Bring to the boil, stirring most of the time.

HOLLANDAISE SOUP



2 pints white stock
1 oz. butter
1 oz. plain flour
Seasoning
Squeeze of lemon
2 eggs
½ gill cooked peas
½ gill cream
¼ pint milk

Place butter in pan ; add flour and then the stock gradually at first ; stir till boiling. Mix milk and eggs ; pour the soup over the milk and eggs and return to pan ; add peas and seasoning ; stir till almost boiling ; add cream and lemon. Serve immediately.

WHITE FOAM SOUP

1½ oz. butter
1 oz. plain flour
1 qt. milk
1 onion, chopped
1 stick celery diced (when available)
or 1 teasp. celery salt
Pinch ground mace
Pepper and salt
2 eggs
4 oz. grated Cheddar cheese
1 tablesp. chopped parsley

Melt the butter, add the flour and cook gently for a minute, stirring. Mix in the milk gradually and bring to the boil, stirring. Add the onion, celery, mace and seasoning, and simmer 20–30 minutes. Cool slightly and add the grated cheese and beaten yolks. Reheat without boiling, stirring until the cheese is melted. Beat the egg whites until stiff, fold half into the soup and put the rest into the soup bowl and pour the soup over. Sprinkle with chopped parsley and serve at once.

CHILLED CREME VICHYSSOISE

3 leeks

1 finely chopped medium sized onion

1 oz. butter

1½ pints boiling water or chicken stock

1 teacup chopped peeled tomatoes

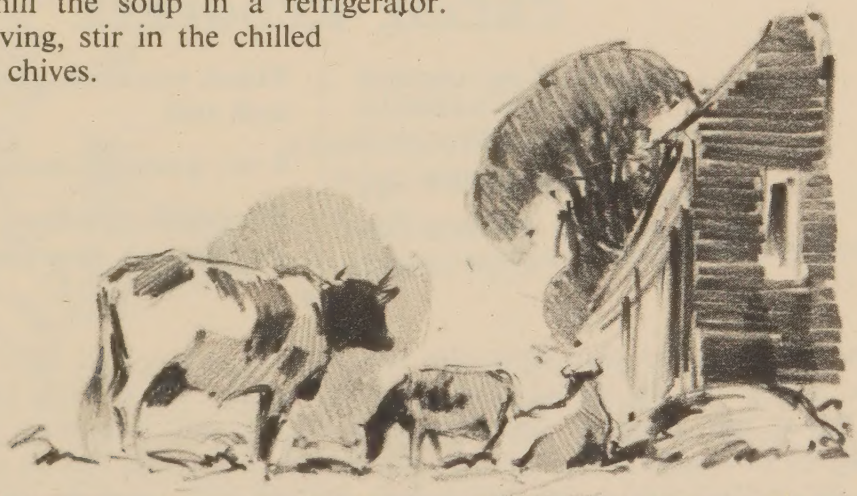
A little salt

A few grains cayenne pepper

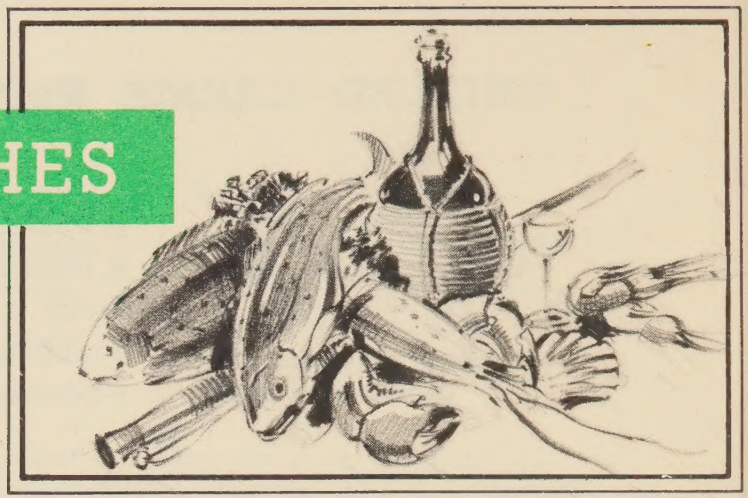
3 tablespoons double cream

1 tablespoon chopped chives

Cut the white part of each leek into four strips and wash them very well. Cut into small pieces. Peel and finely chop the onions. Melt the butter in a saucepan and very gently simmer the leeks and onion in it until they are cooked but not in the least coloured. Add the boiling water or stock, the potatoes, salt and cayenne pepper, cover and cook gently. When the vegetables are soft enough, rub them through a fairly fine sieve and chill the soup in a refrigerator. Just before serving, stir in the chilled cream and chives.



FISH DISHES



Fish is something to be remembered, not overlooked! There are many varieties and their flavour and food value are good. Cooked in butter and served with milk and cheese sauces, fish dishes become even better and will soon be established as firm family favourites.

CHEESE KEDGEREE

Approx. 6 oz. cooked smoked haddock
(½ lb. raw weight without bone)

1 hard-boiled egg

Approx. 8 oz. cooked rice
(3 oz. uncooked weight)

Pinch cayenne pepper and salt

6 oz. grated Cheddar cheese

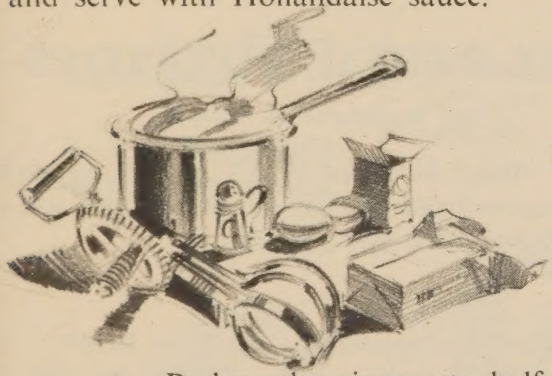
Chopped parsley and lemon quarters

Remove bones and skin from the fish while it is hot, and flake up coarsely with a fork. Chop the egg white, sieve the yolk and put on one side for garnishing. Mix the flaked fish, chopped egg-white, cooked rice and seasoning in a saucepan over moderate heat until hot, then add the grated cheese and mix in quickly with a fork. Pile the mixture into a hot entree dish, garnish with chopped parsley and sieved egg yolk and serve at once with lemon quarters.

GRILLED FISH
WITH HOLLANDAISE SAUCE

2 steaks or cutlets of cod, halibut, turbot, hake or salmon
Knob of butter

Melt a knob of butter in a grill-pan. Place steaks in it and at once turn them so that both sides are butter coated. Place under hot grill and leave until they are a golden brown, basting them at least once with the butter in the pan. Season to taste. When cooked through, remove from the grill and serve with Hollandaise sauce.



HOLLANDAISE SAUCE

2 tablespoonfuls wine vinegar
A little water
2 yolks of eggs
2 oz. butter
Seasoning
Cayenne pepper

Reduce the vinegar to half quantity. Add sufficient water to give 3 tablespoonfuls of liquid. Cool, and add egg-yolks separately. Cook gently until the sauce begins to thicken. Add the butter in small pieces, whisking continuously so that each pat is worked in before the next is added. The sauce must not boil. Season well, and add a little cayenne pepper.

PANCAKES WITH SHRIMP STUFFING

3½ oz. plain flour
1 oz. quick breakfast oats
½ pint milk
1 egg
¼ teaspoonful salt
2 oz. fat for frying
Stuffing

½ pint freshly made white sauce
A small carton of shrimps
Lemon juice
Salt to taste
Cayenne pepper
Pink colouring

Mix flour, quick breakfast oats and salt. Add egg and gradually beat in the milk. Allow to stand for at least an hour. Prepare stuffing ; add lemon juice, salt and pepper to taste, to sauce. Add a little colouring. Add shrimps. Cook pancakes ; heat a knob of fat in a frying pan until very hot. Pour in a small quantity of batter and cook for 1 minute. Turn with a palette knife and cook the other side. Fill pancakes with stuffing and serve very hot.

SAVOURY CRAB IN FOIL-BAKED POTATOES

4 large potatoes **2 oz. butter**

Scrub potatoes and wrap in aluminium foil. Bake in a hot (425°F or no. 6) oven until cooked about 30 minutes. While hot, remove from the foil, cut in half and add a good pat of butter. Pour the cold crab sauce on to the hot potatoes.

CRAB SAUCE

1 small can crab
Salt and pepper to taste
1 tablespoon finely chopped chives
½ pint sour cream (cold)

If sour cream is unavailable, add a few drops of lemon juice to fresh cream. Mince the crab and combine with the other ingredients. Blend extremely well before pouring the sauce over the hot potatoes. Ideal for a summer supper party.

SOLE A LA CREME

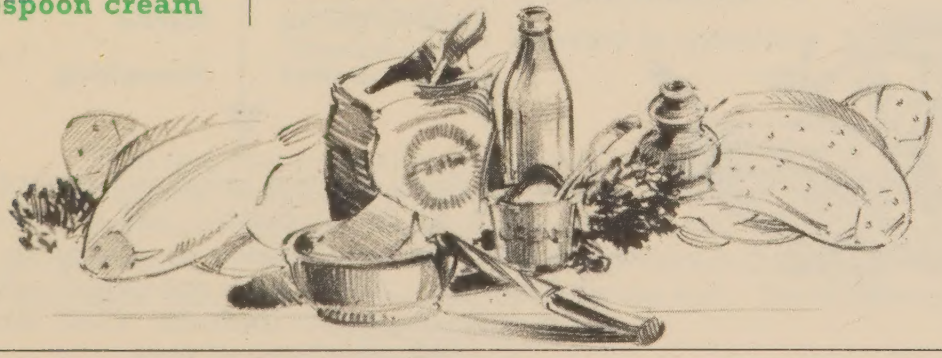
1 sole
A little milk
Seasoning
Lemon juice

Wash, skin and fillet sole ; season fillets and sprinkle with a little lemon juice ; roll up fillets ; Place in an oven proof dish with two tablespoons milk. Cover and bake in a moderate oven (375°F or no. 4½) for about 10 minutes. Coat with sauce, garnish and serve.

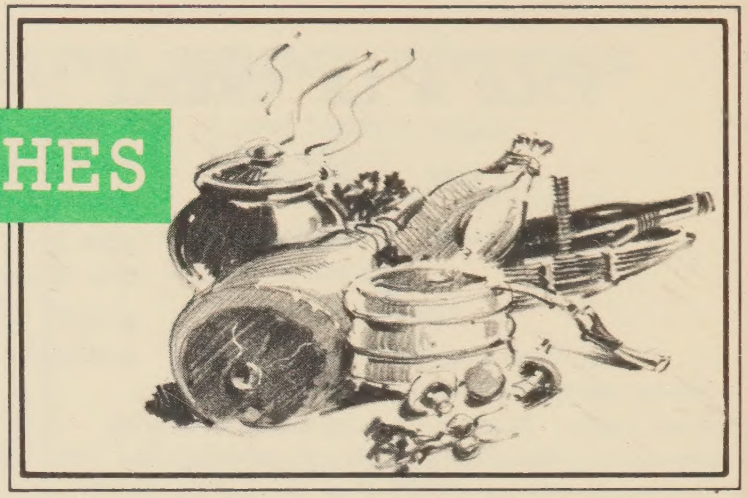
SAUCE

1 oz. butter
1¼ oz. plain flour
½ pint milk
Seasoning
1 tablespoon cream

Stir fat, flour and seasoning over a low heat for a few minutes. Gradually add the milk and stir till boiling. Cook gently for a few minutes. Stir in the cream.



MEAT DISHES



To help solve the meat problem be prepared to try new and less expensive cuts. Make a flavour go further by combining meat with other foods. Use left-overs with milk, cheese and vegetables in casseroles, scalloped dishes and other combinations.

CHICKEN LIVER PATE

1 small onion
1 clove garlic
3 oz. butter
8 oz. chicken livers
Herbs
Seasoning

Saute the finely chopped onion and crushed garlic in 1 oz. of the butter ; add the sliced chicken livers, herbs and seasoning. Saute for 3–4 minutes. Mince finely and pound well, stirring in the remaining butter (melted). Chill, serve with crisp buttered toast.

COLD CHICKEN TIMBALES

½ oz. powdered gelatine
½ pint chicken stock
½ gill cream
Few drops lemon juice

1 breakfast cup minced, cooked chicken
Cayenne pepper

Dissolve gelatine in warm chicken stock. Add minced chicken and allow mixture to cool. As the mixture thickens, add cream which has been whipped lightly with a little cayenne and lemon juice.

Transfer to a mould and chill thoroughly. Turn out and serve with crisp lettuce.

ESCALOPES OF VEAL

4 Escalopes of veal
Butter for frying
2 finely chopped shallots
Seasoning

1 dessertspoon flour
½ pint of stock
4-6 mushrooms
Parsley to garnish

Trim and beat some escalopes of veal to about ¼ inch thick. Season with salt and pepper and fry gently in foaming butter. Add shallots. When these have browned lightly stir in a dessertspoonful of flour, cook a few seconds and add stock. Cook gently for 20 minutes, adding a few thinly sliced mushrooms a few minutes before the end. Serve garnished with chopped parsley.

TOMATO AND BACON SAVOURIES

8 even-sized tomatoes
8 mushrooms
8 bacon rolls

Wipe tomatoes, cut off tops, and hollow out inside. Wash, skin and season mushrooms ; make bacon rolls.

FILLING

2 oz. butter
1½ oz. plain flour
1½ gills milk
2 tablespoonfuls cream
Seasoning
4 oz. finely chopped ham

Melt fat, add flour and seasoning ; fry for a few minutes, add milk slowly, stir till boiling ; add ham and cream, fill the tomatoes. Place on top of each a mushroom (brown side uppermost) and on each mushroom a small bacon roll. Cook all in moderate oven (375°F or No. 4½) 8–10 mins.

TOURNEDOS WITH PARSLEY BUTTER

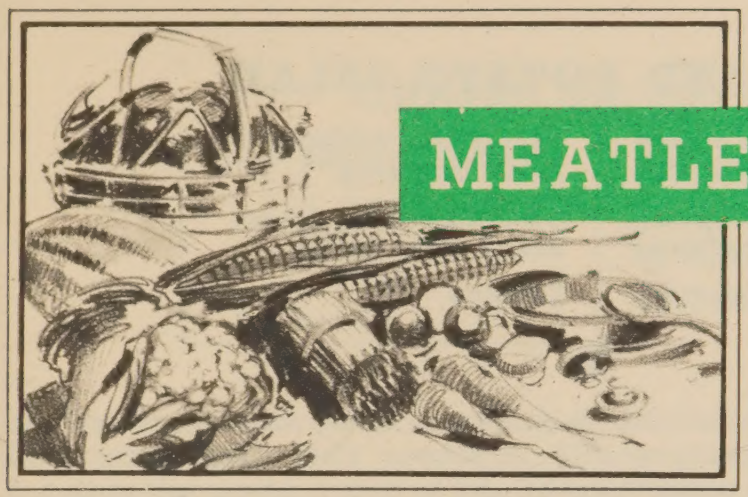
1 lb. Fillet Steak
Seasoning
A little melted butter
Grilled tomatoes
Watercress
Chipped potatoes
Parsley butter

Cut the steak into rounds with a 2 in. plain cutter. Sprinkle with salt and pepper and brush with melted butter. Cook both sides of the steak for 1 minute under a hot grill, reduce the heat and cook until the meat is tender (7–10 minutes). Serve immediately, garnished with grilled tomatoes, watercress and chipped potatoes. Just before serving, place a piece of parsley butter on each steak.

PARSLEY BUTTER

2 oz. butter
1 dessertspoon chopped parsley
Pepper & salt to taste
Few drops lemon juice

Cream the butter until is it fairly soft. Add the parsley and seasoning then work in the lemon juice. Form into a pat and leave in a cold place to become firm. Before serving cut into fancy shapes.



MEATLESS DISHES

Savoury meatless dishes are becoming more and more popular for all types of meals. Using well flavoured cheese, many delicious varieties may be prepared for hot or cold days. Every-day vegetables can be made more tempting by the addition of a little butter just before serving.

CHEESE BAKE

4 oz. day-old bread (crusts removed)
1 pt. milk
½ level teasp. salt
1 teasp. made mustard
Few grains cayenne pepper
2 eggs
6 oz. grated Cheddar cheese

Crumble the bread roughly by hand. Bring the milk to the boil, pour over the crumbs and leave to soak for 30 minutes. Mash well with a fork to break up the soaked crumbs. Add the seasonings, beaten eggs and grated cheese and mix well. Pour into a greased pie dish and bake in a very moderate oven (335°F or No. 3) until well risen and just set. Approx. ¾ hour. Garnish and serve at once.

CHEESE AND POTATO SALAD

½ lb. new potatoes —cooked and sliced

2 finely chopped spring onions or a few chives

2 teasp. chopped parsley

About four tablesp. salad dressing

4 oz. Cheddar cheese diced very small

Lettuce

Slice the potatoes while still hot, add the finely chopped spring onions or chives, and parsley, and sufficient salad dressing to coat the potato. Chill. Toss in the diced Cheddar cheese mixing with two wooden spoons, and serve on a lettuce bed garnished with tomato quarters or a sprinkle of paprika pepper.

COOKED SALAD DRESSING

½ pt. fairly thick white sauce

2 egg yolks

Pepper and salt

2 tablesp. malt vinegar

1 tablesp. tarragon vinegar

Make the sauce and remove from the heat. Stir in the beaten egg yolks and seasoning, and cook gently without re-boiling. Stir in the malt and tarragon vinegars, and use as required. This dressing will keep in a cool place for a short period.

CHEESE IN CLOVER

½ pt. pancake batter	8 oz. grated Cheddar cheese
4 oz. plain flour	1½ lb. freshly cooked chopped spinach
pinch of salt	
2 eggs	
Just under ½ pt. milk	

Prepare the batter and leave to stand about one hour in a cool place. Wash and cook the spinach in the usual way. Drain well and chop. Cook thin pancakes, and pile on a warm dish putting a layer of spinach and grated cheese between each fresh pancake. Keep the pile hot in a moderate oven, and build up layer by layer until all the batter is used. Top the last pancake with a little grated cheese. Serve and cut in wedges as you would a cake.

CHEESE MACARONI AND CAULIFLOWER CUSTARD

1 small cooked cauliflower	2½ oz. grated cheese
1 oz. macaroni cooked	Seasoning
1½ oz. butter	¾ pint milk
1½ oz. plain flour	1 egg

Cut cauliflower into natural sprigs, put a layer in bottom of greased casserole or pie dish, season, then a layer of macaroni and cheese ; repeat this, finishing with cheese. Melt butter ; add flour and seasoning ; add the milk gradually, stir till boiling, cool slightly ; add egg, pour over vegetables ; bake in moderate oven (375°F or No. 4½) about 30 minutes.

N.B. In place of cauliflower, tomatoes can be used.

CHEESE MOULD

- 1½ level tablespoonfuls gelatine
- ¼ pint of cold water
- 1½ pints milk
- 4 egg-yolks
- ½ teaspoonful salt
- ½ teaspoonful mustard
- ½ teaspoonful paprika
- 8 oz. grated cheese
- Green salad and tomatoes for garnish

Soften gelatine in cold water. Heat milk. Beat egg-yolks, add salt, mustard, and paprika. Add ¼ pint of the hot milk and add this mixture to the remaining milk. Cook over hot water until mixture begins to thicken and stops foaming. Remove from cooker and stir in cheese and softened gelatine. Pour into a mould and chill thoroughly. Turn out and serve with green salad. Garnish with tomato.

EGGS SHERRIED WITH CHEDDAR

- 4-6 slices of toast covered with thin cooked rashers of bacon
- 4 oz. butter
- ¼ pt. double cream
- 8 oz. grated Cheddar cheese
- 6 eggs
- ½ teasp. salt
- 3 tablesp. light sherry or dry white wine

Prepare the baconed toasts. Melt half the butter in the top of a double saucepan, and mix in the cream. Add the grated cheese and stir until almost melted. Add the lightly beaten eggs and salt, and cook gently to a soft scramble stirring all the time. Then mix in lightly the rest of the butter and the wine, and serve at once on the prepared toast.

HOT AND COLD SWEET DISHES

Milk makes an excellent base for an almost endless variety of puddings and sweets. Made with butter they become more nourishing and appetising, while the texture of cakes, biscuits and pastry is greatly improved. For special occasions even the simplest sweet dish can become ' festive fare ' if served with real cream.

APPLE CREAM PUDDING

1 lb. cooking apples
Sugar
Cochineal (optional)
1 pkt. vanilla-flavoured cornflour
¾ pint milk
A nut of butter
Almonds and angelica, to decorate

Prepare the apples and stew them to a pulp, sweeten as required and add a little cochineal if desired. Mix the cornflour and 1–1½ oz. sugar smoothly with a little of the cold milk, and put the rest on to heat. Add the blended cornflour, stir till boiling and boil for 1 minute, stirring all the time. Add the butter, and pour the mixture into a pie dish. Place the stewed apples on top, and decorate with almonds and angelica. Serve hot.

BAKED COCONUT PUDDING

2 oz. of fresh breadcrumbs
¾ oz. butter
½ pint milk
Little grated lemon rind
1 oz. sugar
1 or 2 eggs
1 oz. coconut

Place breadcrumbs, sugar, coconut, and lemon rind into a basin. Heat the milk and butter, pour over the breadcrumbs, etc., cover and stand for 5 minutes; add the beaten yolks, pour into greased pie dish. Bake in moderate oven (375°F or No. 4½) till set (about 20 to 30 minutes). Whip the whites stiffly; to each white add 1½ teaspoonfuls sugar, slowly beating well; pile on top of pudding, sprinkle with coconut or decorate with cherry and angelica. Place in a fairly slow oven till a pale brown.

BANANA & CHOCOLATE CREAMS

Castor sugar
¼ pint cream
4 bananas
4 oz. grated chocolate
Vanilla essence

Mash bananas with a fork and add the pulp to the cream with a little sugar and essence. Half fill individual glasses with the mixture and sprinkle a thick layer of grated chocolate over each one. Chill thoroughly before serving.

CATS' TONGUES

¼ lb. castor sugar
¼ lb. butter
¼ lb. plain flour
The whites of 3 eggs
Few drops vanilla essence

Cream the butter ; add the sugar and a few drops of vanilla essence. Mix well, then work in one by one the egg whites and the sifted flour. Using a plain rose-pipe, squeeze eclair-shaped lengths on to a buttered baking tray. Bake for about 10 minutes in a moderate oven (375°F or No. 4½). They are done when the edges are coloured.

COFFEE JUNKET

1 pint milk
2 tablesp. strong coffee
Rennet
2 oz. sugar
Whipped cream
Sugar

Mix milk, coffee and sugar and bring to blood heat. Add rennet and pour into individual glasses. When quite cold, decorate with sweetened, whipped cream.

FESTIVAL FRUIT SALADS

Lemon curd or jam
Whipped cream
Fresh fruit in season
Chopped nuts
Table water biscuits

Spread the biscuits with lemon curd or jam and arrange the fruit on top. Decorate with whipped cream and chopped nuts.

FRUITY CHEESE PIE

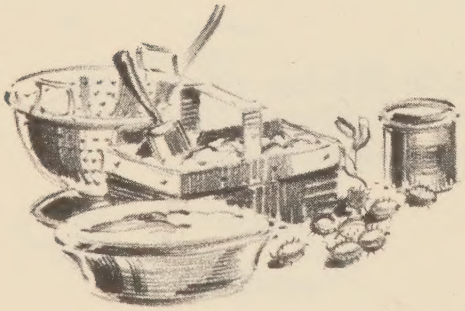
8 oz. short crust pastry

8 oz. flour
Pinch salt
4 oz. butter
Cold water to bind

½ oz. butter
½ oz. plain flour
¼ pt. milk
Pepper and salt
4 oz. grated Cheddar cheese
1 egg
6 oz. sultanas

Make the pastry and divide in two. Roll out each piece to fit an 8-inch pie plate and line the bottom of the plate. Make a rich cheese sauce with the butter, flour, milk and most of the grated cheese, then mix in the beaten egg and cool. Put alternate layers of sultanas and cheese filling, and cover with the second pastry round. Finish the pastry edges neatly and snip the top crust in several places with a pair of scissors. Brush with beaten egg or milk and sprinkle with grated cheese. Bake in a fairly hot oven (400°F or No. 6) 30–40 minutes. Serve hot or cold with a salad if liked.

GOOSEBERRY FOOL



1½ lb. gooseberries
3 tablespoonfuls water

½ pint cream or custard
8 ozs. sugar

Prepare gooseberries, cook in water ; when nearly tender, add sugar ; when soft, sieve, allow to get quite cold. Whip cream slightly, fold into the sieved gooseberries, pour into glass dish.

GEORGE WASHINGTON CHERRY PIE

PASTRY

½ lb. plain flour
1 teaspoon salt
3 oz. butter
2½ oz. lard
4 tablespoons water

Sift flour and salt twice. Cut in the butter and lard and add water. Mix with a fork. Roll out allowing more paste for upper than under crust.

FILLING

1 tablespoon butter
½ lb. castor sugar
4 level tablespoons plain flour
⅛ teaspoon cinnamon
3 cups stoned cooking cherries

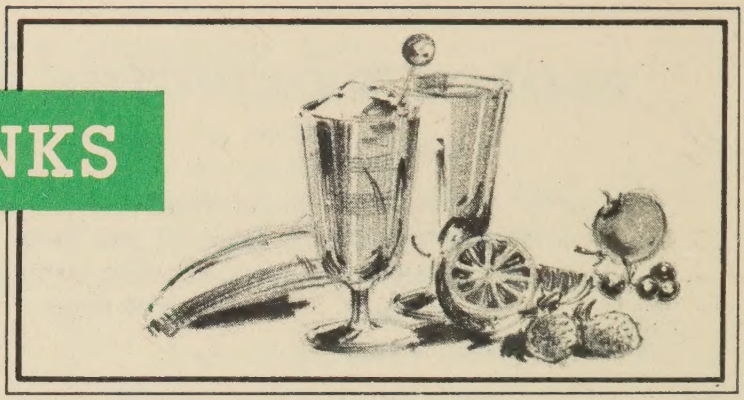
Line a pie dish with the pastry. Mix sugar, flour and cinnamon. Lightly add the cherries ; pour into the pie dish and dot with butter. Cover with pastry, seal and flute. Bake for 35–40 minutes in a hot oven (425°F or No. 6).

ORANGE CREAMS

4 oranges
Strips of angelica
Chopped nuts
¼ pint of custard
¼ pint cream
2 oz. sugar
3 or 4 tablespoons orange juice
¼ oz. gelatine

Halve the oranges and remove pulp ; clip with scissors round the oranges for decoration. Make custard either with one egg or custard powder, allow to get quite cold. Whip cream, add custard and sugar ; dissolve gelatine and orange juice, add to cream ; stir all slowly till showing signs of thickening, fill the oranges. When set, decorate with chopped nuts and place a strip of angelica on each.

MILK DRINKS



Quick and easy to prepare, milk drinks make delicious refreshments for all occasions. Children, particularly, enjoy their gay colours and exciting flavours.

ICED COFFEE

$\frac{1}{4}$ pint strong black coffee

Sugar to taste

$\frac{1}{4}$ pint milk

1 tablespoon vanilla ice cream

Warm the coffee and stir in sugar until dissolved. Cool and add milk. Transfer to a tumbler or or tall glass and stir in the ice cream.

MINT CHOCOLATE

3 oz. of drinking chocolate

1$\frac{1}{2}$ gills water

$\frac{1}{2}$ teaspoonful peppermint essence

1 quart of milk

4 oz. sugar

Ice cream (4 tablespoons)

Dissolve the drinking chocolate in the water, then add the milk and sugar. Simmer for 5 minutes, cool partly, add the peppermint essence, and when quite cold, whisk in the ice cream. Serve in tall glasses such as sundae glasses.

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